

Whole School Food Policy 2021

Kindness



Innovation



Passion



Imagination



Collaboration



thomas
fairchild
community
school

Food and Drink Provision throughout the Day

Breakfast

The school operates a breakfast club that provides a nutritious meal for pupils before the school day. The breakfast menu includes: cereals, toasts, crumpets, teacakes, pancakes, toasties, potato waffles, toaster waffles, bagels, muffins, eggs, beans, vegetable sausage, fruit, cheese, yoghurts, milk and fruit juice.

Lunch

Will contain a balanced menu from the current government guidance from *The School Food Regulations* (DfE, 2014). The Government outlined requirements for school food regulations in 2014. These standards came into effect on 1 January 2015 and were revised in July 2016. In compliance with the *School Food Standards*, food provided to pupils at Thomas Fairchild is nutritious and of high quality; promotes good nutritional health in all pupils; protects those who are nutritionally vulnerable and promotes good eating behaviour.

Packed Lunches

The school will adhere to the same guidelines set by the government in 2014. It will request from parents that they provide a healthy, balanced diet for the children and, where necessary, the school will provide guidance to help them do so.

Special Dietary Requirements

Special Diets for Religious and Ethnic Groups: The school provides food in accordance with pupils' religious beliefs and cultural practices.

Vegetarians and Vegans: The school caterers offer a vegetarian option at lunch everyday. When necessary, we also provide a vegan option.

Food Allergy and Intolerances: Individual Care Plans are created for pupils with food allergies. Care Plans document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. The school caterers are made aware of any food allergies/food intolerances and requests for special diets are submitted according to an agreed process.

Snacks

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet. Only fruit and vegetables will be provided for morning snack.

Use of Food as a Reward

Whilst *School food in England* (DfE, 2019) outlines exceptions to the school food regulations, Thomas Fairchild Community School does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic/other achievements. Other methods of positive reinforcement are used in school that are in line with our school 'Yes to Success' behaviour policy.

Drinking Water

The School Food Regulations stipulate that drinking water should be available to all pupils, everyday, and free of charge. The school agrees with this recommendation and provides a free supply of drinking water which is available in all classrooms and playgrounds. In hotter weather the children are encouraged to bring their own water bottle.

The Food and Eating Environment

The school will provide a clean, sociable environment, indoors and out, for children to eat their lunch. In doing so, the school requests children adhere to the following rules: All children are required to sit at a table for at least 15 minutes, in order to eat their lunch. Children are required to eat all, or at least try to eat most of the food provided, either by the school or in their lunch box. All litter, from lunch boxes brought in from home, must be taken home at the end of the school day. Children are not allowed to share food or drink with each other. Lunchtime supervisors will help any children who have concerns or cause concern during meal time, e.g. children who may have problems eating their lunch, spill or drop their lunch, cannot find a place to sit, do not eat their lunch or skip lunch, etc. Children are expected to behave whilst eating their lunches, being polite and helpful. If a child has a problem or wishes to leave, they should raise their arm and wait until a lunchtime supervisor speaks to them. If children are unsure of what the meal is, any meal item, or about any ingredients, they can ask the caterer or midday supervisor to explain.

Aims & Objectives

The main aims of our food policy are:

- To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes
- To provide healthy food choices throughout the school day

This policy will cover the following:

- School meals
- Non-school lunch packs
- Food provided at the school, other than school meals
- Healthy eating, as part of the curriculum
- Extra-curricular activities, such as cookery clubs, etc.

Our belief is that a balanced healthy, nutritious diet is important for the development of a child's physical state, as well as for their intellectual abilities. Feeding the body with the proper nutrients helps fuel the mind to be more receptive to learning new skills: Feed the Body, Fuel the Mind.

Curriculum

As a school: We have always prided ourselves in providing the best education to our children. We extend this ethos by promoting healthy eating patterns to our children at school, by taking a proactive approach to improving the health and wellbeing of children attending our schools. As part of the curriculum, and to improve the well-being of our children, we have:

- Incorporated healthy eating into our curriculum and school life
- Provided easy-access to water for children
- Achieved accreditation as a Healthy School

Organisation

Equal Opportunities: In healthy eating, as in all other areas of the curriculum, we recognise the value of the individual and strive to provide equal access of opportunity for all.

Teaching Methods: Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include debating issues, group discussions and role-play. These decisions are made at teachers planning meetings.

Leading by example and staff training: Teachers, caterers, lunchtime supervisors and school nurses have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines.

Visitors in the classroom: Thomas Fairchild Community School values the contribution made by the outside agencies in supporting class teachers and appreciates the valuable contribution they make. We believe it is the responsibility of the school to ensure that the contributions made by visitors to the classroom reflect our own philosophy and approach to the subject. The status of visitors to the school is always checked, ensuring that the content of the visitor's talk is suitable for the ages of the pupils. The school's code of practice for visiting speakers is adopted.

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<i>Adopted by Governing Body</i>	September 2021
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